

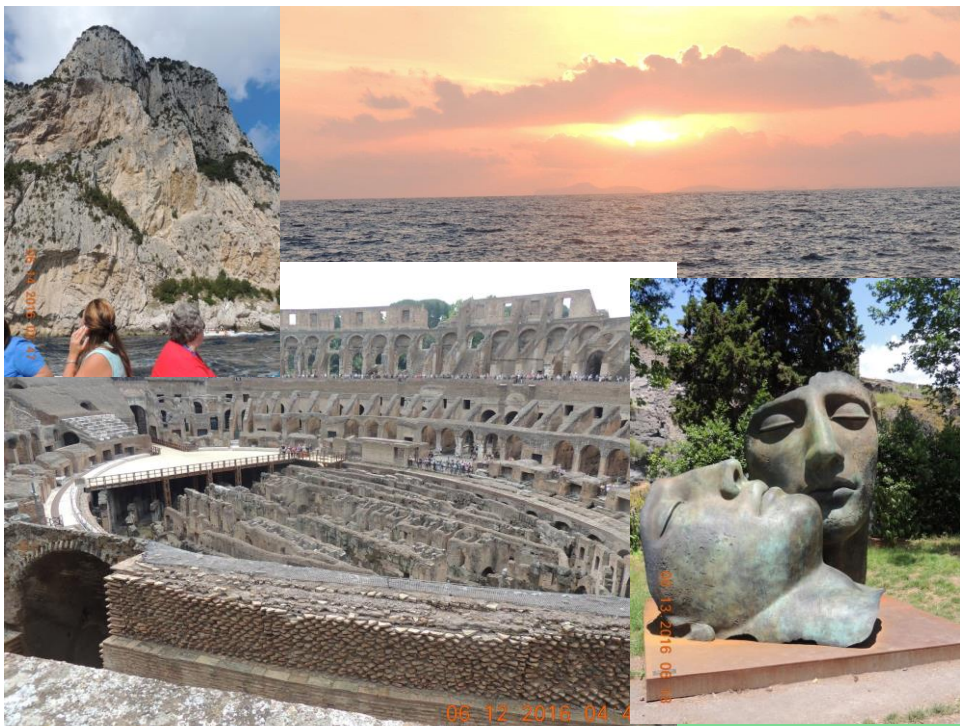


HealthQuest Wellness Champion Network Monthly Webinar

Thursday, July 14th - 11:00-11:45 am

Agenda

- ✓ **Why Joy Missed Our June Meeting!**
- ✓ **Focus Group Updates**
 - ✓ *Food*
 - ✓ *Work/Life/Energy*
- ✓ **Finding Focus Challenge – July 18th – August 12th**
- ✓ **July HQ Seminar**
- ✓ **July EAP Webinar**
- ✓ **Freedom from Tobacco – Quit for Life Campaign**
- ✓ **Leadership Development**
 - ✓ *With Special Guest Jack Bastable*



Focus Group Updates



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Finding Focus Challenge

July 18th – August 12th, 2016

- ☐ Make a daily to-do list
- ☐ Take a 15-minute technology break
- ☐ Take a break for deep breathing/meditation
- ☐ 30 minutes of exercise/stretching
- ☐ No electronics 60 minutes prior to bedtime



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July 2016 Seminar

Available on the Portal 7/1/16



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July 2016 EAP Webinar

Tuesday, July 19th, 2016, 11:00 a.m.

The Art of Patience

Impatience raises our stress levels and over time can even inflict physical harm to our bodies.

It seems that patience is a skill that is quickly diminishing, but one that constantly needs improving. Even if you do not rate your own level of personal patience as being very high, the good news is that with practice, you too can learn to be more patient in your life.

Register at:

<https://attendee.gotowebinar.com/register/2179335773055343107>

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Freedom from Tobacco!



Quit For Life® Program



DECLARE

Your Freedom From Tobacco

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What's Job 1 of a Leader?

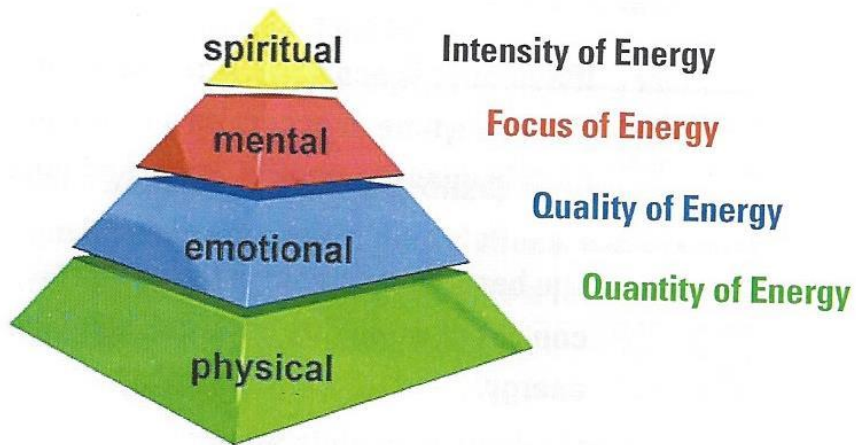
“First and foremost, the job as a leader is taking charge of your own **energy** then helping to orchestrate the **energy** of those around you”

Peter Drucker,
World Renown Business Strategist



So What's Energy?





The Only Way to Win, By Jim Loehr

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Thank You for Joining Our July Meeting!

Next Meeting is **Thursday, August 11th**

✓ 11:00-11:45 am

Secret Question:

Open Questions/Comments

